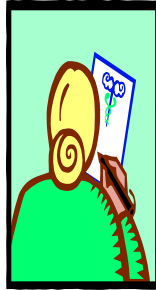


# *The State Health Plan* **PREVENTION PARTNERS**

PRESENTS



## **Women's Working Lunch on Heart Health** **Lunch will be sponsored by Abbott Diabetes Care!**

- Heart disease is now the #1 cause of death in women
- Women's symptoms differ from men's
- 25% all women report no physical activity
- Over 50% women age 45+ have increased Blood Pressure\*
- Over 40% women age 55+ have high cholesterol levels\*

**Learn more on Thursday February 21, 2008**

**11:30 am – 2:00 pm (sign in at 11:15) @ Tillis Center, Columbia**

**11:30- 12:25 Know Your Numbers\* Sharm Steadman, PharmD, BCPS, FASHP, CDE**

**12:30 – 1:10 Move It or Lose It Ramsey Makhuli, MPH**

**1:15 – 2:00 Healthy Nutrition with Rebecca Gilliam Wrenn, MS, RD, LD**

**PLEASE PRINT CLEARLY – Registration deadline: 2/18/08**

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Please detach and return to: Prevention Partners at 1201 Main Street, Suite 830 Columbia, SC 29201 or fax to 803-737-0557 or send to [rmakhuli@eip.sc.gov](mailto:rmakhuli@eip.sc.gov) for questions call 737-3823

Name: \_\_\_\_\_ Agency: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Work Phone: \_\_\_\_\_ No. attending including yourself: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

**We will confirmation registration by e-mail the week of the workshop. If you do not have e-mail please call 737-3823 to confirm. (Women/Heart 2/21/08)**

## CECIL A. TILLS CENTER (2111 Simpkins Lane, Columbia, SC)



### From 126/I-26 - Greenville/Spartanburg

Take 126 directly into the City of Columbia. After the Zoo exit, the road forks into Huger Street and Elmwood Avenue. Stay to the left and take Elmwood Avenue. This brings you straight into the downtown area. Continue straight on Elmwood until it dead ends into Bull Street (Department of Mental Health Hospital is directly in front of you). Take a right. First light is Calhoun Street - take a left. Continue on Calhoun until you get to the light at Harden Street. Take a left and immediately move into the right lane and veer right to enter the Drew Wellness Center. Curve around in front of the Drew Wellness Center on Walker Solomon Way and parking is on your left.

The **Cecil Tillis Center** is across the street from the parking lot at 211 Simpkins Lane. The **Celia Saxon Health Center** is about 500 feet past the parking lot at 2133 Walker Solomon Way, and parking is right in front.

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### From I-20 - Florence Area

Take I-20 to Columbia and take 277 into downtown Columbia. As 277 ends, the road becomes Bull Street and there is an immediate light (the S.C. American Red Cross building will be on your right). Take a left at that light. This is the Harden Street extension. Continue on this road. Once you pass under the railroad track, look for the intersection of Harden Street and Read Street (there is a traffic light). Turn left on Read Street and then take your first left on Celia Saxon Street. Cross Elmwood Avenue and straight ahead is the Drew Wellness Center parking lot. You can park there.

The **Cecil Tillis Center** is across the street from the parking lot at 211 Simpkins Lane. The **Celia Saxon Health Center** is about 500 feet past the parking lot at 2133 Walker Solomon Way, and parking is right in front.

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### From Charleston on I-26

Take I-26 and then merge onto I-77 to Charlotte. Proceed to exit 12. Take a left at the light. Go straight on Forest Drive for approximately 3 miles. (When you pass Providence Hospital on right, you're getting closer - our public housing community, Gonzales Gardens, is on your left). Take a right on Oak Street. You are going through the middle of Benedict College. Go straight on Oak until you come to the Dollar General store.

The **Cecil Tillis Center** is just past the store on the left and parking is right across the street next to the Drew Wellness Center. To get to the **Celia Saxon Health Center**, take a right at the Tills Center on Walker Solomon Way. Parking is right in front at 2133 Walker Solomon Way.

**To all our Visitors:** *Out of consideration for our friends at the Dollar General Store, we ask that you not park in their parking lot. There is parking across the street, next to the Drew Wellness Center.*